

OPEN LINES

Ontario South Assembly Newsletter

Quick Links for Ontario South

[Group Records Change Form](#)

[Donation Form](#) or E-transfers can be sent to osatreasurer3@gmail.com. There is no need for a security question and answer. Please note **your district #, group # and group name in the memo section of the transfer.**

[Form C for SAMS \(AMIAS\)](#)

[Literature Order Forms](#) (Printable and Fillable)

[Area Policy Manual](#)

[Upcoming Events](#)

Option: copy and paste the following to your browser:

<https://al-anon.alateen.on.ca/ontario-south-forms/>

Al-Anon Declaration

Let it begin with me

When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and *let it begin with me.*

Statement of Purpose

Open Lines is published three times a year by Ontario South Assembly. This newsletter presents service-related news and information to Al-Anon groups in Ontario South to help keep them informed. Personal sharings of recovery should be sent to the Forum.

Subscription: Rates:

Free for personal email subscription.

If you wish to receive a paper copy in the mail, subscription rates for copies mailed in Canada are \$15.00 for 1 year.

Please send a request for NEW SUBSCRIPTIONS / RENEWALS to:

openlinesosa@gmail.com

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[Ontario South Website](http://al-anon.alateen.on.ca) (Al-anon.alateen.on.ca)

Districts in Ontario South

District 1 – Muskoka (Angus, Barrie, Bracebridge, Huntsville, Innisfil, Midland, Orillia, Parry Sound, Sprucedale, Wasaga Beach)

District 2 – Georgian Bay (Collingwood, Dundalk, Owen Sound, Lion's Head, Thornbury)

District 3 – Bruce County (Hanover, Kincardine, Mount Froest, Port Elgin, Southampton)

District 4 – Waterloo Region (Cambridge, Elmira, Fergus, Guelph, Kitchener, New Hamburg, Rockwood, Waterloo, Kitchener/Waterloo)

District 5 – Huron Perth (Clinton, Exeter, Goderich, Listowel, St. Marys, Stratford)

District 6 – London Region (London, Strathroy)

District 7 – Sarnia region (Bright's Grove, Forest, Petrolia, Sarnia)

District 8 – Windsor, Essex (Amherstburg, Essex, Harrow, Kingsville, LaSalle, Leamington, Windsor)

District 9 – Chatham region (Chatham, Ridgeway, Wallaceburg, Tilbury)

District 10 – Elgin region (Ingersoll, Port Stanley, Port Rowan, St. Thomas, Tillsonburg, Woodstock)

District 11 – Brantford (Brantford, Simcoe)

District 12 – Niagara region (Dunnville, Niagara Falls, Port Colborne, Ridgeway, Welland)

District 13 – St. Catharines (Grimsby, St. Catharines)

District 14 – Hamilton West (Amalgamated with District 15) (Hamilton, Burlington, Stoney Creek, Waterdown)

District 16 – Mississauga (Mississauga, Oakville, Port Credit)

District 17 – Peel, Halton (Acton, Bolton, Bramalea, Brampton, Erin, Georgetown, Milton, Woodbridge)

District 18 – GTA North (Aurora, Beaverton, Bradford, Keswick, King City, Newmarket, Orangeville, Stouffville, Sutton West, Tottenham)

District 19 – Toronto North (Don Mills, Richmond Hill, Thornhill, Toronto, Willowdale)

District 20 – Toronto West (Etobicoke, Toronto, Weston)

District 21 – Toronto Central (Toronto)

District 22 – Scarborough (Agincourt, Markham, Scarborough, Toronto, Unionville)

District 23 – Lakeshore (Ajax, Bowmanville, Orono, Oshawa, Pickering, Port Perry, Whitby)

District 24 – Kawartha (Bancroft, Bobcaygeon, Fenelon Falls, Haliburton, Lindsay, Maynooth, Minden, Oakwood, Omeme)

District 25 – Quinte (Belleville, Campbellford, Cobourg, Foxboro, Picton, Port Hope, Stirling, Trenton, Gananoque)

District 26 – St. Lawrence (Brockville, Carleton Place, Kemptville, Perth, Smiths Falls)

District 27 – Seaway Valley

Cornwall, Lancaster, Morrisburg, Winchester

District 28/29 – Ottawa (Ottawa, Arnprior)

District 30 – Ottawa Valley

Barry's Bay, Cobden, Pembroke, Renfrew, St. Joseph, Quebec

District 31 – Kingston region

Enterprise, Kingston, Napanee

District 32 – Kawartha South

Ennismore, Norwood, Peterborough

From the Ontario South Delegate

Hello Ontario South Members, Wow!!!

I am putting thoughts together and after some prayer and meditation I am ready to write this report. I am a bit excited and a bit sad that I will only do this, as your Delegate, 2 more times. In some ways this three-year term has flown by.

I am the Area Delegate, for Ontario South, Area 86 Panel 61. What that means is that I was elected by the members of the Ontario South Assembly, to represent you at the World Service Conference. It means that I was invited, as a trusted servant, to be part of the 63rd conversation of Al-Anon Delegates at the World Service Level.

We have a lot of great events taking place over the next upcoming months.

- The ORC with Al-Anon & Alateen participation was in March..
- In April, myself and Delegates from all over North America, Puerto Rico & Hawaii will be at the World Service Conference. This is a 5 day intense and informative business meeting like no other business meeting I have ever attended. It is truly a spiritual experience completely guided by our collective Higher Power. It is described as Al-Anon's largest group conscience.
- May 26-28th is Ontario South's AWSC. I challenge you to reach out and ask someone if you're not sure what this is.
- For the first time in many years Trillium is happening - Oshawa, June 9 – 11, 2023! Get registered – get ready to experience Recovery, Hope and Love on a whole new level.
- The theme is ****WE ARE NO LONGER ALONE****
- And then July arrives and with it the Al-Anon International Convention.
- Love, Laugh, and Grow Together
Aimer, rire et grandir ensemble
Amar, reír y crecer juntos
- Virtual attendance is an option: there is a cost of \$145 to attend the International Convention virtually.
- Language of Love Parade (Friday morning) on the 2023 International Convention – Registration will be open in May.

It is important to watch for more announcements. There will be local district and regional Al-Anon Days, round-ups & campouts. These events are great opportunities for road trips, overnight stays, maybe even pitching a tent (I've heard that people enjoy this activity-haha). I'll be there for the campfire and maybe a roasted hotdog well done.

Whenever there are Al-Anon events, it means that there are opportunities to be of service. I challenge you to raise your hand and put your name forward to take on a short-term service role. Get involved! Step out of your comfort zone! Meet new Friends/Family. Practice the Legacies in a safe and encouraging atmosphere built around acceptance, love, laughter & understanding.

This is the year to start thinking about where your Al-Anon Service journey will take you next. Reach out and talk to our Coordinators, our OSA executive members, your Group Representatives and Alternates. Your District Representative and Alternate. Be curious, be intrigued, be open and most of all be willing. The rest will come. Thank you for the privilege of representing Ontario south Assembly Members at the 63rd annual Conference.

Yours in Love and Service,

Gwen D. OSA Delegate Area 86, Panel 61, ontariosouthdelegate@hotmail.com

Enhancing Our Recovery through Abundance, Unity, and Understanding
Enriquecer nuestra recuperación a través de la abundancia, unidad y comprensión
Enrichir notre rétablissement par l'abondance, l'unité et la compréhension

From the Ontario South Alternate Delegate/Forum Coordinator

Dear members,

There was a Webinar put on by the WSO Forum Editor it was very help. I learned that report below includes Ontario North for Subscriptions, I have reached out to WSO to see if it possible to separate us, so we have a better idea of our numbers.

Forum Sales Report March 2023 Issue							
Country	State/Province	Group		Other		Total	
		Subscriptions	Copies	Subscriptions	Copies	Subscription s	Copies
CANADA	AB	30	34	83	84	113	118
CANADA	BC	36	36	114	115	150	151
CANADA	MB	14	19	34	37	48	56
CANADA	NB	6	6	26	31	32	37
CANADA	NL	6	8	6	6	12	14
CANADA	NS	14	15	41	57	55	72
CANADA	NT	1	1	2	2	3	3
CANADA	NU					0	0
CANADA	ON	60	65	263	283	323	348
CANADA	PE	6	7	18	21	24	28
CANADA	QC	6	6	21	21	27	27
CANADA	SK	21	21	81	81	102	102
CANADA	YT	1	1	0	0	1	1

Please consider ordering a couple of copies of the Forum for members that attend your meeting and may still be living in an active home and may not feel comfortable having a Forum sent to them through the mail. You may consider giving a newcomer a free copy.

Thank you for the opportunity to be of service

Love in service

Kristine B. Alternate Delegate & Forum Coordinator, ontariosouthdelegatealt@hotmail.com

From the Ontario South Area Chairperson

Hello, Ontario South members. Here is a list of what your chairperson has been busy with.

AWSC 2023, May 26 – 28, Oshawa. District reps, AIS reps, coordinators and executive will meet. I prepare the information package to be distributed at the end of March.

ASSEMBLY 2023, October 20 – 22, Mississauga. Districts 17 and 16 have stepped up to form a host committee. If you would like to help, please contact the district representatives or myself. I serve as the executive liaison for the Assembly host committee.

ASSEMBLY 2024, October. We are hoping to review bids shortly to announce at AWSC 2023 the location of Assembly 2024.

EMAILS. I respond to member and executive emails as quickly as I can.

EXECUTIVE MEETING, February. I set the agenda for approval of the executive and chaired this meeting.

ITEMS FOR CONSIDERATION, I receive and track these items and send responses from the executive to members. If the member agrees, the question and response are published in this newsletter.

LITERATURE OFFICE COMMITTEE, I am a member of this committee and look forward to attending the upcoming meeting. I have read emails and reports and try to stay up to date.

AMIAS LETTERS. If a member requires a letter to reduce the cost of their criminal record check, I issue the letter.

VOICE OF THE AREA, that is the Chairperson. I vetted and hired a new lawyer to perform legal work for our AMIAS (Al-Anon Member In Alateen Service) certification. All decisions are made as a group by your executive team.

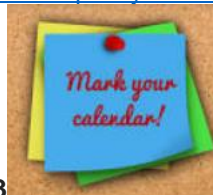
ZOOM. The area zoom account is available to districts and committees who wish to use it for a meeting. Just send me the day and time and I will confirm availability, set up the meeting, and let you know how to open zoom.



It's an election year. It's not too early to consider area service as a coordinator or executive member in 2024. Full information can be found in our area policy manual. <https://al-anon.alateen.on.ca/area-policy-manual/>
Please send your resumes for executive positions to me prior to August 1. <https://al-anon.alateen.on.ca/wp-content/uploads/2020/07/Section-10-Form-I-Member-Profile-Resume-2020-07.pdf>

DID YOU KNOW?

- Our area executive meets in February, July and November every year (plus January during the first year of a term).
- Any member can send an item for consideration to any member of the executive at any time. Or you can use the form on our area website at <https://al-anon.alateen.on.ca/ontario-south-forms/>. You will receive a response to your item following the executive meeting that it was discussed at. These items and the executive response appear in our Open Lines newsletter, subject to permission by the member submitting the item.
- All members have access to our area policy and guidelines manual on our area website <http://al-anon.alateen.on.ca/area-policy-manual/>.



Important Dates for 2023

- Area World Service Committee (AWSC) meeting, May 26-28, Durham College, Oshawa
- Trillium, June 9-11, Durham College, Oshawa
- Assembly, October 20-22, Mississauga/Meadowvale Hilton Hotel, Mississauga

Gratefully Yours,

Sandy O. Chairperson, Ontario South Assembly chairons86@gmail.com

From the Ontario South Treasurer

Donations to the area can be made either by e-transfer or by cheque. E-transfers can be sent to osatreasurer3@gmail.com. There is no need for a security question and answer.

IMPORTANT Please note your district #, group # and group name in the memo section of the transfer. I need more than just the name of your group. The name of your group could be the same as another group in a different district.

Or, if you prefer, make your cheque payable to “Ontario South Assembly” and mail to P.O. Box 1151, Station Main, Guelph, ON, N1H 6N3. For proper accounting please use the donation form found in the area manual. Go to al-anon.alateen.on.ca, member section, area policy manual, Section 10, Form D – donation form.

The budgeted amount required from each group for 2023 is 150.62

Thanks again for putting your trust in me.

Janet B Treasurer osatreasurer3@gmail.com

From the Area Advisor, Literature Office Committee Chairperson

Literature Office Committee (LOC) and Advisor Report, April 2023

The LOC is comprised of the Literature Distribution Office (LDC) Manager, the Area Treasurer, a District Representative elected at AWSC, the present Delegate, the past Delegate and the past, past Delegate (this year the past, past Delegate accepted the position of Trustee at WSO and therefore was not eligible to participate at the Area level, thus the Area Chairperson assumed the position).

The LOC meets prior to the AWSC and Assembly. They also may meet at other times during the year if need be.

The LOC is the administrative branch of the LDC.

The LDC will be closed from Thursday, May 4, at 1:00 pm, reopening Monday, May 15, at 10:00 am.

Remember to pre-order your literature to be picked up at AWSC to save on postage.

A reminder that the Advisor role of Area is for all Ontario South members.

Sue Gaskell, Area Advisor, Literature Office Committee Chairperson

From the Area Alateen Process Person (AAPP)

Lawyer update – Ontario South has obtained the services of a lawyer to review Police Records Checks. She has looked at 8 so far (that's January and February 2023).

Recertification of AMIASs (Al-Anon Member Involved in Alateen Service) – this is going well, by the end of February 50% of AMIASs had responded.

Should you wish to become an AMIAS please refer to the applicable section of the Al-Anon Ontario South, Area 86 website. www.al-anon.alateen.on.ca

Briefly, you will obtain a police record check including vulnerable sector screening from your local police station, in person or on-line. You will seal this in an envelope and give it to your District Representative (DR) along with the completed Area Form C (also found on the Area website). Your DR will complete the form and send it to me for processing.

Some cities, towns etc. may reduce or eliminate the processing fee. If this applies to you, you may request a letter from the Area Chair, Sandy O at chairons86gmail.com. You will need to provide Sandy with your full legal name for the letter.

Your District may reimburse you for any expenses, if not, the Area will. The Area expense form is also found on the Area website.

Feel free to get in touch with me if you have any questions about becoming an AMIAS.

Blessings,
Jean McS, aapp.ontariosouth@gmail.com

From the Group Records Coordinator

Thank you everyone for endeavouring to use the group records change form. It has made my task easier and I am able to be more accurate with your data.

A lot of the groups still have not updated their information and I continue to have bounced emails and returned mail to WSO.

All groups must have a current mailing address. This is a requirement of WSO. Please take a moment to check and make sure your group information is correct.

We currently have 261 active Al-Anon groups registered with the WSO. Unfortunately, there were a few groups that were lost during the pandemic.

I look forward to seeing all the district representatives at AWSC where I will once again give you copies of all your group data both active and inactive for groups to review. This is especially important as we are in an election year and I know that there are lots of changes.

Please continue to use the group records change form to make all changes.

<https://form.jotform.com/OntarioSouth/group-records-form>

Hugs in service
Sharon R, Group Records Coordinator grprec@hotmail.com

From the Open Lines Coordinator

Thank you for placing your trust in me and giving me this opportunity to serve.

Open Lines is published three times a year by Ontario South Assembly. This newsletter presents service-related news and information to Al-Anon groups in Ontario South to help keep them informed. Thank you to all of the Executive, Coordinators and DR's who submit to each issue of Open Lines.

The deadlines (mark your calendars) for submissions to Open Lines each year are:
July 11 (August 1 issue); November 11 (December 1 issue)

I invite all members to submit to me your feedback throughout the year. You might find that thinking of your feedback in the form of stop/start/continue might help to provide respectful, honest and meaningful communication that will enhance the value of the Newsletter to benefit our Area. The following a suggestion I received: That the GR print the newsletter for the group. To reduce the cost, printing may be done 2 pages per side and printed double sided.

If you do not currently receive your own email copy, please email me at openlinesosa@gmail.com to receive your very own free email subscription. The next issue is August 1.

Yours in Joyful service,

Loretta V, Open Lines Coordinator openlinesosa@gmail.com

From the Website Coordinator

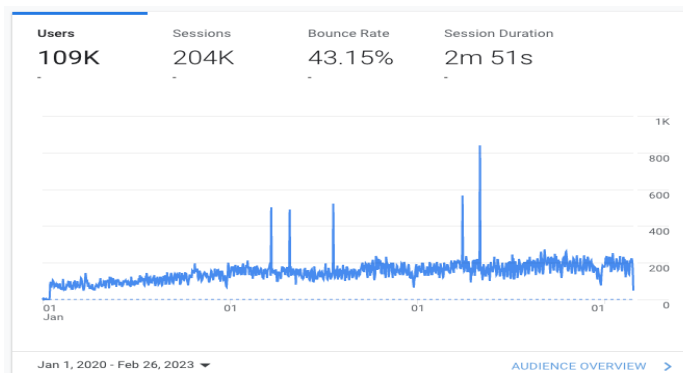


In my previous report, I wished you the merriest of holidays and the very best for the new year and look at us now: we have already made it into the second quarter of 2023 and Daylight-Saving Time has already happened as well.... Time flies when you are having fun or being busy!

And busy I am. By the time you read this, my husband and I will have moved out of the GTA and set up shop in a more western and rural part of the province. Which means: finding a new home group and exploring this, to us, new region of Ontario. As I am writing my report, there are still boxes everywhere in the house and our 2 cats are starting to suspect that something is up... During this move, I am using my Al-Anon program intensely. Most of all I practice Step 1 every day to remind myself that I only have limited control over how smoothly this move will go. I also set boundaries for the Al-Anon area tasks that will have to wait until mid-April. Isn't it fabulous, the lessons we learn in the worldwide fellowship of Al-Anon? To use in all our affairs, even if as mundane as a house move...

More than 100.000 website visitors!

Our website, in the meantime, is steady as she goes. We have welcomed 105,000 visitors with almost twice as many sessions since the new design-launch in January 2020. Visitors stay for almost 3 minutes and, as you know when you peruse my reports regularly, that means they really read the website-content. We get almost 5,000 visitors per month and, also tradition by now, most of those visitors go to the pages dedicated to meeting and events. The newcomer page usually makes it into the top 10 as well. Yay!



Interested in being the next website coordinator? Contact me!

As website coordinator in her fourth and last year of Area service, I am now starting the process of preparing for the successor-transition; and I would like to take the opportunity of this report to invite anyone who has interest in this coordinator position to contact me for a chat. Most of you are familiar with the front end of the website, but maintaining the content obviously represents a different angle. As a by the way: area coordinators are invited to serve by the Area Delegate and would it not be awesome if the new Delegate we are electing this fall, has a pool of interested members to choose from?

The many benefits of service

I want to underline that, although this role does require proficiency in all things computer and internet, it is not just about the technical stuff. There are many, perhaps somewhat unexpected, benefits that flow from this position. They reach far beyond personal growth in AI-Anon. I have learned so many new practical things that I will be able to draw from in future. It fills me with unbelievable gratitude. But I won't lie: any service position in AI-Anon is also typically a platform where your Higher Power will offer you some real challenges; or: opportunities to learn and grow, as I like to describe them.

I have found that looking for the blessings in disappointments is the best way for me to deal with that. Just because I have a keen curiosity about all elements of service, does not mean I always get all my questions answered. I am still learning about the art of acceptance. And not taking things personally. Having a seasoned service sponsor is a basic need in any service role and it certainly is for this position. So that you can share in confidence with another member about the joys and frustrations of your service. And make the most out of learning to work with others in a positive way.

Let go and let God...

The things that jump out most positively when I review the past 3 years, are the gratifying contacts with other coordinators and the general membership. There is a lot of loving kindness there. As group members, we share a commitment to this program and a willingness to assist each other. Not just when requested, but also to discuss new ideas and insights, to see if and how our fellowship can benefit from them. Also, it follows quite organically from my position to have 'open lines' with the Group Records Coordinator. We both fish in the same data pond, so to speak, and I always appreciate how we are working with and learning from each other (and WSO), while reminding each other to Let go and let God (help us...) in tough times.

Keeping the website healthy

Updating website software is an essential administrative part of this position. So is keeping the events and meetings in a healthy state. With on average 800 group and meeting changes per year and many software updates, this often requires daily attention. But it is the coolest kind of 12 step 'work' for me because it means newcomers and visitors can find us online. I am grateful to myself for choosing a simple approach to our website: it keeps everything transparent. Are there more 'hip' program websites out there? For sure! But content and intuitive navigation took precedence when bringing the original website into 'modern times'. Now that we have an easier basis to work from, who knows how my successor (you?) can build on that to make it prettier and even better! It will be a lot of fun for me to watch from the sidelines in 2024 :)

'Thought showers'

There are many tasks that I have helped members with, simply because I happened to be familiar with certain software or was curious enough to find out more. Often these tasks were not directly related to updating the website. I can imagine that some of them will be reshuffled once a first Area Technology Coordinator is starting their service. My hope is that this will create a platform for more frequent and open communication between peers, that is currently sorely missing. It is important to have an open channel like that, so that, to coin a recent alternative term for the word brainstorming, 'thought showers'; can happen

fearlessly and freely. All in the interest of keeping Al-Anon service stimulating and encouraging, so that we will never run out of volunteers for service roles.

Talents within the membership

I am looking forward to seeing members stand up who have the skills and the interest to get involved. I am convinced that all sorts of talents and natural sources of knowledge exist within our membership. About websites, about online forms and lots of other good stuff. Consider yourself invited! New people in the Area may introduce change, but we all know there can be no growth nor progress without change.

Thank you to the many members out there who regularly reach out to me with kindness and inspiration. It is the cherry on the cake of my service, and you make my program even more precious and loving!

Yours in service,

Nicky D., Website Coordinator Ontario South os.website.a86@gmail.com

From the Public Outreach Coordinator

Al-Anon will have a table at the Pri-med conference, May 10,11,12, 2023 at the International Center in Mississauga. Thank you for the donations that came in to support this project. At this time we have three shifts that are left to be filled, May 11th & 12th @7:30-10:00am plus May 12th 10am to 1pm. Please contact me (see information below) should you be interested in helping out. We are taking names as spares in case someone is unable to fill their shift.

I have been contacted by Hope Place Centers. They are looking for different speakers who have gone through the Al-Anon 12 steps and are willing to share their Experience, Strength and Hope. These weekly zoom meetings are held on Mondays and Wednesdays from 6pm – 8pm.

There are 8 permanent Al-Anon posters in the TTC stations which is part of the contract that is renewed semi-annually. But due to many vacant spots there are 100 posters on display in various subway stations. A bonus with more exposure for Al-Anon, when other companies don't renew their contracts.

I know there are many enthusiasts Public Outreach committees out there please send your minutes to ontariosouthpo@gmail.com so we can share your special projects to the rest of Ontario South members. It just might spark some interest in other districts.

As per Concept Four, Participation is the key to harmony. May we share our recovery by participating in service work and ensure our recovery continues to move forward while helping Al-Anon remain available to all who are affected by someone else's drinking.

Thank you for the opportunity to serve,
Geraldine R., Public Outreach Coordinator, ontariosouthpo@gmail.com

From the Trillium Chair

Hello Friends:

My name is Jo-Anne G. (District 28) and I am currently in service as the Trillium Chairperson for Ontario South. I'm happy to report that **REGISTRATION IS NOW OPEN** for the 2023 Trillium Convention in Oshawa! 🌸 From June 9 – 11, we will gather to celebrate our recovery, and to remind ourselves that **WE ARE NO LONGER ALONE**.

All the information regarding registration, accommodations, meal package as well as programme highlights can be found on the Trillium Web page: <https://al-anon.alateen.on.ca/trillium/>. This is your one-stop shop for all things Trillium! Note that the **deadline for advance registration is May 26, 2023**. After that date, members will be able to register at the door.

Volunteers

Are you keen on supporting the Trillium Convention through Service? If you are interested in getting involved, please send me an email at osatrillium@gmail.com. If you have a specific area (ie. greeter, registration, Alateen, bookstore...), let me know and I will direct your expression of interest to the appropriate coordinator.

Donations

Some of you have been asking about group donations to Trillium. If your group or district wishes to donate to help cover the cost of putting on our Convention, you can send an eTransfer to: trilliumconvention2023@gmail.com. Please include the word "DONATION" as well as your GROUP NAME and DISTRICT NUMBER in the message box. Direct deposit has been activated, so no security question is required.

Can You Solve This Mystery?

Does anyone know where the large TRILLIUM banner from years past might be stored? It was displayed behind the main speaker stage from year to year, but it seems to have disappeared! We would appreciate any clues as to where it might be...

2023 Trillium Committee Members

As we move forward with the planning efforts, allow me to introduce the 2023 Trillium Committee members who continue to work to bring Trillium back to Ontario South. I am so grateful for their willingness to serve Ontario South! 🙌🙌🙌

- Bob D. (Dist. 28) – Treasurer
- Chrisann R. (Dist. 28) – Secretary
- Christina L. (Dist. 9) – Registration Coordinator
- Claire A. (Dist. 16) – Greeter/Gratitude Coordinator
- George H. – A.A. Liaison
- Greg M. (Dist. 21) – Communications Coordinator
- Jane H. (Dist. 23) – Venue Coordinator
- Jason W. (Dist. 28) – OSA Executive Liaison
- Judith W. (Dist. 16) – Alateen Advisor
- Monique R. (Dist. 31) – 2024 Shadow Chairperson
- Patty D. (Dist. 16) – Literature Coordinator
- Rick J. (Dist. 16) – Al-Anon Program Coordinator

We are excited to welcome you to the Ontario South Assembly Al-Anon/Alateen Trillium Convention in June. See you there!

****Click here for all the [TRILLIUM INFORMATION](#)****

****Direct link to the [ONLINE REGISTRATION FORM](#)****

****Direct link to [DOWNLOADABLE PRINT REGISTRATION FORM](#)**
(PDF for mail-in registration)**

Jo-Anne G.

In service as Trillium Chairperson, osatrillium@gmail.com



District Representative Updates

District 5 (Huron Perth) Update

Greetings from District 5!

The meetings in our District continue to evolve, much having been learned from pandemic times. We now have 12 meetings: eight held in-person, three held virtually using Zoom and one in-person temporarily closed until late Spring. Our District and Public Outreach meetings are held separately and virtually on Zoom, 6-9 times per year depending on need. Our DR and PO Chair attend all meetings. Several of our groups held gratitude meetings in late December 2022, with snacks and fellowship following. All appreciated the return to this opportunity.

Our District has been invited to send a panel to two AA Roundups being held this year in Huron/Perth, one in June and the other in November. We are currently putting these committees together and look forward to participating in these opportunities to share our AI-Anon experience, strength and hope. Initial meetings have been attended. Our PO committee plans to have a table of literature and information at each event.

Our District also decided to send materials and a cash donation to the Pri-Med Conference/AI-Anon participation committee, seeing it as a great opportunity to reach many people with information.

Our PO Committee continues to share information about AI-Anon via media, newspapers, posters, wallet size cards, telephone (an answering service and 211 info) and investigating how to get some literature into our local Libraries.

Both our District and Public Outreach committees remain dedicated to using attraction, not promotion, in sharing the AI-Anon philosophy. With this in mind, we are in the beginning/on-going stages of applying rotation of personnel to our various roles as the end of our 3-year term approaches. Where did the time go?

In service,

Lou A

District 5 DR

District 23 (Lakeshore) Update

Hello from District 23! Lakeshore District 23 has 10 active groups, consisting of 9 Al-Anon Family Groups and one Alateen group. Our AFGs are healthy but smallish in numbers, although attendance varies especially over the winter months. Most groups regularly have newcomers visit. Alateen has been struggling of late, and our 3 AMIAS continue to show up on a rotating basis to the Sunday night group (7 PM in Oshawa) to ensure the doors are open for any teens that need a meeting.

Our district meetings are consistently well-attended, and for those times when a group's GR can't attend the monthly meeting, there is usually another enthusiastic member who steps in – willingness IS service. The district's group conscience decision to remain on Zoom has helped in this regard, and especially on those dark and snowy winter evenings. One GR vacancy remains which is unfortunate, since a group that fails to have a GR denies its members a voice and causes a break in the links of communication.

Our district is excited about a service-related initiative we've been discussing which will occur in the first half of 2023 - a 'GR Roadshow.' The idea is that the GR of each group will chair a topic or speaker meeting at his/her group in April and May, with the topic being the links of service and with the focus that this is an election year for the new GRs and DR. A 'panel' of GRs will attend each meeting and share their experience, strength and hope, or fears and joys, with the goal of attracting new trusted servants into service above the group level. It is our hope that interested members might join our subsequent district meetings to see what business at the district looks like. It's hard to believe that the timeline for the groups to elect their new GR is only a few months away (August).

Other upcoming special meetings include Bowmanville Serenity's 51st anniversary on 13Apr23, and Just For Today in Port Perry will be celebrating 40 years on 24Apr23. Both are speaker meetings with AA and Al-Anon, and with sweet treats and fellowship.

District 23 Public Outreach (POC) will be hosting the first in-person Spaghetti Dinner fundraiser since 2019! The dinner will be held on Saturday, April 29 at the Whitby Baptist Church. Tickets are \$10 each or \$5 for Alateens. Tickets can be purchased a local POC member or by eTransfer to district23poc@gmail.com. There will be AA, Al-Anon and Alateen speakers. The POC has also been busy getting Alateen posters out onto community bulletin boards, and assessing the needs of local municipal libraries for Al-Anon literature.

Our district voted to send a monetary contribution to the WSO as our love gift in gratitude for our Delegate, Gwen. A card has been sent in the mail and will arrive before she leaves for the WSC. It is assumed Gwen will need some love before, during and after conference!

District 23 will be participating in the annual AA Lakeshore Districts' Conference in mid-August. An Al-Anon member has volunteered to chair the Al-Anon portion, and will begin to participate in the planning meetings and gather her committee. Keep an eye out for a 'save the date' flyer.

If you are a member thinking of enhancing your recovery through service, come visit us on Zoom. Happy Spring!

Hope, Unity, Gratitude, Service

Deborah F, DR District 23

Literature Distribution Center (LDC) Update

Hello Ontario South. I'm happy to say that groups are beginning to order literature again. If we increase these sales going forward the office may be able to recover a bit more from the covid losses. I know that a big issue right now is the availability of some of our CAL and I assure you that even on my days off I am typically checking to see if WSO has them in stock so that I can order and get them here as quickly as possible. There are a couple of titles, mainly Alateen, that have been out of stock for many months with no information on when they may be stocked for the LDCs to order. I do apologize. Not only has covid slowed down the printing companies but all the wildfires of the past few years have caused paper shortages, making printing slow.

The good news is that the hard copy service manuals have been ordered and have just arrived based on pre orders. I can order more but I don't want large inventories sitting that may not sell. If you know you want some, please let me know and I will order accordingly.

There will be a new daily reader being released at the AI-Anon international conference this summer. I will be ordering them to be shipped as soon as they are available after that conference. The title is A Little Time for Myself. WSO has not decided on a price yet but once I know we will figure it out at this end too. This is something to look forward to.

If you are having an AI-Anon function and would like to sell literature, please reach out to me. We can do consignment orders preferably with about 6 weeks notice. You pay for a portion of the order and then for items sold over that amount. Unsold items in good condition can be returned leaving you with no excess to try and sell. I am happy to give you the consignment agreement to read and consider if this may be beneficial to your event.

Also, if you don't already know the office holds an Ontario South speaker list. Members willing to be of service fill in a form and get added on. I regularly update the list. If it is something that may help you, feel free to ask for it. The only thing I request in return is if you contact anyone on the list double check they are still in regular attendance. We all know things can change on a dime. Also please destroy it after you find your speakers. I'd rather send it out multiple times than have this personal info get into the wrong hands. If you have any members who wish to be added to the list, let me know and I can email them the form to complete and return.

Just a couple of small housekeeping things if I may. Please, always include a district number if you are doing a group order. I can't find the Hope for Today group out of the hundreds of groups, many with the same name, without this. It is hard to guess where your group is located. If you are putting in a personal order, there is no need for a district number or group name. Please do not have money sent without confirmation I can fill the entire order. I will not hold money for things not in stock because I have no idea how long they will take to be available for me to order. Also, if you are not the one sending the e transfer, please tell me the name of who will be and let them know I need a call or email to tell me the password to use. If they send the wrong amount, I can't even guess what order they connect to. I get asked often why I don't do auto deposit. This is the reason, wrong amounts come in, group info is not connected to it, and I would then be tasked to match this amount and we are not set up to do refunds. I appreciate your assistance in helping me serve you.

Be well. I am so grateful to serve you.

Linda LDC Office Manager os.literature.distribution@gmail.com

ITEMS FOR CONSIDERATION

- 1. ITEM:** {Name: Nicky D} I would like to request that the Ontario South secretary send out a status update email for the Thoughtforce Electronic meetings. I understand that there is now a chair and after making sure that the person whose name was circulating was correct, she told me that interested members are welcome to contact her directly. I have also been told that the Thoughtforce has been meeting already and I think it is valuable to the membership to know how to join those meetings, if they are interested in participating.

RESPONSE: At the last Assembly the delegate asked for volunteers to join a Thought Force and several people approached her. A Thoughtforce was formed and given a short timeline to respond so that information is ready to be provided to the executive in February for the AWSC information package that is distributed in March.
- 2. ITEM:** {Name: Wendy C, D17} That the budget and the financials carry a line for a Public Outreach Discretionary Funds to assist any district or group in their Public Outreach endeavors. This fund to be funded by any overage after expenses.

RESPONSE: Districts and groups fund their own public outreach endeavors. The area public outreach coordinator encourages these efforts and shares information. Any area overages fund the area reserve. There are currently no overage funds as will be shared with the AWSC members shortly. Any future excess funds can be decided on at future AWSC meetings and Assemblies during the financial discussions.
- 3. ITEM:** {Name: Wendy C, D17} That Ontario South LOC make full disclosure of where the almost \$30,000 suddenly appeared within their coffers.

RESPONSE: The \$30,000 was simply shown as a reserve amount, a reallocation of funds. That was the only change. There were no additional funds added to the bank account from anywhere.
- 4. ITEM:** {Name: Wendy C, D17} That Ontario South considers banding together with the other Areas in Canada to produce Al-Anon Literature here in Canada. It has been done in other countries and since it costs us 55% over the list price because of exchange and shipping it could be a very good thing for the membership of Al-Anon and Alateen here in Canada.

RESPONSE: This suggestion has been passed on to the Literature Office Committee for careful consideration. Thank you.
- 5. ITEM:** Name: {Louise O, D16} Would it be possible to give members (DR's and ADR's) the option to attend AWSC virtually? Some may have underlying health conditions or live with vulnerable individuals and may be uncomfortable attending in person. Others may be fine attending in person, but may become ill prior to the event and be unable to travel (this happened to me with Assembly). I think the same registration fee could be charged for both virtual and in-person attendance. I realize this was not possible for Assembly because of technical limitations, and that the number of hotel room nights is critical for larger events. I hope that the same limitations would not apply for AWSC. If it is not possible to offer that option up front, could some consideration be given to providing remote access to the conference in the event that members become ill immediately before AWSC? Thank you for considering this item.

RESPONSE: Hybrid meetings can be difficult to arrange in several ways; technology, equipment, personnel, cost. We are planning to hold a workshop on this at the upcoming AWSC meeting so that information and experience can be shared by members with all District Reps present.
- 6. ITEM:** {Name: Carolyn S, D26} We would ask the Executive to consider polling all groups in Ontario South in regard to holding a Hybrid Assembly. After the in-person Assembly 2022 we noticed that there were only 96 voting members present at the Saturday morning roll call, out of 296 groups (# given by Group Records Coordinator). This is only 33% of Ontario South groups participating. Looking further, this number (96) is down 25% from the 2021 Assembly which had 126 voting members at the Saturday morning roll call. This seems to be a significant decline and cause for concern. We question whether this has to do with it being in-person, (too expensive? too

much travel time? groups not feeling “a part of”?), and as such would like to suggest that the Executive poll all the groups to find out exactly what the membership is wanting for this year, and going forward. This would provide a clear picture of the wants and needs of the Ontario South membership. As is always stated in the Assembly package “this is a business meeting” so it seems logical to know the group conscience in order to maximize attendance. We have heard it claimed in the past that it is “too expensive” to hold a hybrid Assembly. Since Ontario South now has a Technology Coordinator it seems that this may be an expense worth considering. Some equipment may need to be purchased, but it would be a part of Ontario South for many years to come. It cost an average of \$400/person for our GRs to attend 2022 Assembly, and our District is adjacent to Ottawa. Members from further away would have had much higher costs. Should Area have to spend \$2000 on equipment that would still be less than the cost of five people attending in person. Another thought to consider might be to have a fee or surcharge from those requesting hybrid (in lieu of having to pay full expenses of an in-person attendee). It has also been mentioned that Ontario South would face an increase in cost for meeting rooms with decreased attendance. Should the membership decide that a hybrid Assembly is their choice then it should be incumbent on the Executive to find alternate venues so the wants and needs of the membership can be met. Highly successful Assemblies were held via ZOOM in 2020 and 2021, including a voting Assembly. We would like also to mention some of our guiding principles pertinent to this item: - Tradition 1 – Our common welfare should come first; personal progress for the greatest number depends upon unity. - Tradition 2 – For our group purpose there is but one authority – a loving God as he may express himself in our group conscience. Our leaders are but trusted servants – they do not govern. - Concept 1 – The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups. - Concept 4 – Participation is the key to harmony. - Concept 5 – The rights of appeal and petition protect minorities and ensure that they be heard. - General Warranties of the Conference: 2. That no Conference member shall be placed in unqualified authority over other members. 3. That all decisions be reached by discussion vote and whenever possible by unanimity. 5. That though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

RESPONSE: Hybrid meetings can be difficult to arrange in several ways; technology, equipment, personnel, cost. We are planning to hold a workshop on this at the upcoming AWSC meeting so that information and experience can be shared with all District Reps present. This information will be considered when planning future Assemblies. Assembly 2022 approved the creation of the role of Technology Coordinator, this has been worked on, is being worked on, but has not been filled to date.

Gratefully Yours,

Sandy O Chairperson, Ontario South Assembly chairons86@gmail.com

[Click here for Upcoming Events!!](#)

Growing One Day at a time

Spring FLING

Spaghetti Lunch

50/50 draws
Raffles
Door Prizes

7th Tradition

Saturday, April 15
at
Emmanuel Presbyterian Church
120 Russell St. South, Sarnia
(corner of Russell & Kathleen)

9 - 10:30 am: Registration & Social Time
10:30 - 11 am: Welcome
11 am - noon: Al-Anon meeting with
Al-Anon speaker
noon - 1 pm: Spaghetti Lunch & Desserts
1 pm: skit
1:30 - 2:30 pm: Al-Anon meeting with
AA speaker Marlene W from Sarnia

DISTRICT 34
HAMILTON/BURLINGTON

AL-ANON DAY

"FROM CRISIS TO SERENITY"

SAT. APRIL 15TH 2023
ST. MICHAEL'S CHURCH
1188 FENNEL AVE E., HAMILTON

REGISTRATION: 8:30 AM
PROGRAM HOURS: 9:00 AM TO 3:30 PM

TICKETS
\$5 EACH/\$2 ALATEEN
SOLD AT THE DOOR

FOR INFORMATION OR TO VOLUNTEER
CONTACT SUE (905)906-6411 OR
suerobinson@slrbooks.com

JOANNE M. (416)729-5339

PLEASE BRING A HOT OR COLD
POTLUCK FOOD ITEM

40 years

OF
JUST FOR TODAY
AFG

PLEASE JOIN US ON MONDAY APRIL 24TH 7:30 P.M.
FOR THIS SPECIAL CELEBRATION

AL-ANON AND AA SPEAKERS
50/50 DRAW

CAKE & GOODIES & FELLOWSHIP

FORT PERRY UNITED CHURCH
294 QUEEN ST
FORT PERRY

DISTRICT 19 ROUNDUP

A Declaration of Unity

ST PAUL'S UNITED CHURCH - 454 REBECCA ST OAKVILLE

SPEAKERS
STEPHANIE B. - THE KEYSTONE GROUP - KITCHENER
JOHN MEL - PRINCE GEORGE GROUP - HAMILTON
JENN D. - MORNING HOPE (AL-ANON) - BURLINGTON
TOMMY - PRINCE GEORGE GROUP - HAMILTON
TOM F. - ATTITUDE ADJUSTMENT - OAKVILLE

SCHEDULE
BREAKFAST: 8AM
FIRST SPEAKER: 9AM
HOT LUNCH: NOON

SATURDAY MAY 13
TICKETS: \$20 - EARLY BIRD TICKETS: \$15 UNTIL MARCH 15
CONTACT: ROUNDUP@HARRISALCA

ONTARIO SOUTH ASSEMBLY
AL-ANON/ALATEEN

TRILLIUM CONVENTION 2023

We are no longer alone

June 9-11
Durham College/VOIT Campus, Oshawa

SPEAKERS

Friday night:
Tina H. - St. Louis, MO (AFG)
Mildred F. - Toronto, ON (A.A.)

Saturday morning:
Reece H. (they/them) - St. Clair
Shores, MI (Alateen)

Saturday afternoon:
Bill H. - St. Louis, MO (A.A.)

Saturday night:
Kathy H. - Cincinnati, OH (AFG)

+WORKSHOPS,
FOOD &
FELLOWSHIP!

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REGISTER NOW!

al-anon.alateen.on.ca/trillium/

Registration now open for VIRTUAL ATTENDEES!

2023 Al-Anon International Convention
JUNE 29 - JULY 2, 2023

#ALANONINTERNATIONAL al-anon.org/inter-convention